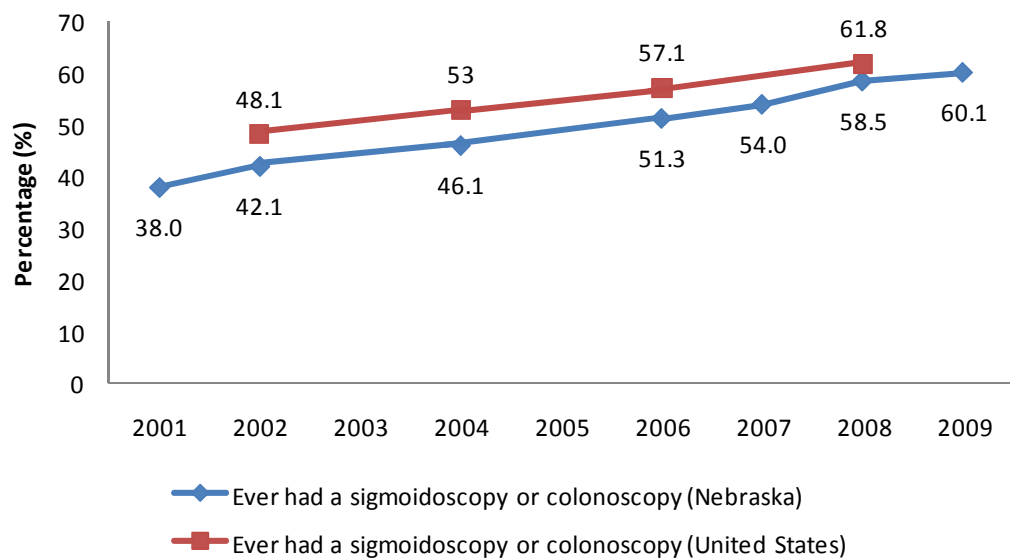


# Colorectal cancer screening among Nebraska adults, 2009

## 2009 Nebraska BRFSS Quick Facts:

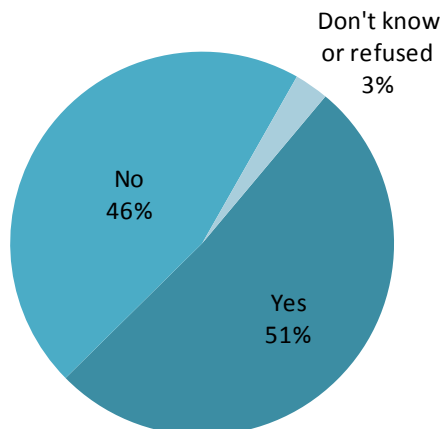
- Only 3 in 5 Nebraska adults age 50+ years reported ever having a sigmoidoscopy or colonoscopy.
- Only half of Nebraska adults age 50+ reported having a sigmoidoscopy or colonoscopy in accordance with recommended guidelines\*.
- Fewer than 1 in 5 Nebraska adults age 50+ years reported having a blood stool test in the past 2 years.

**Figure 1: Percentage of Nebraska adults age 50+ years who reported ever having a sigmoidoscopy or colonoscopy, by year, 2001-2009**



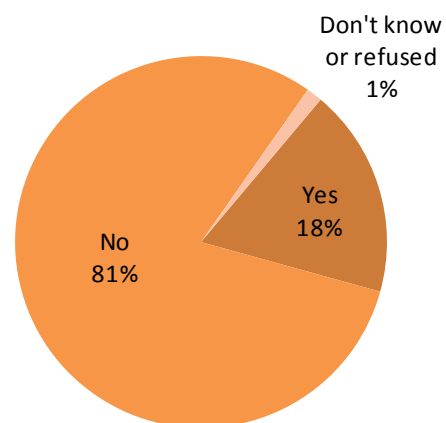
Source: NE BRFSS 2009

**Figure 2: Percentage of adults age 50+ years who reported having a sigmoidoscopy within past 5 years or a colonoscopy within past 10 years, 2009**



Source: NE BRFSS 2009

**Figure 3: Percentage of adults age 50+ years who reported having a blood stool test in the past 2 years, 2009**



Source: NE BRFSS 2009

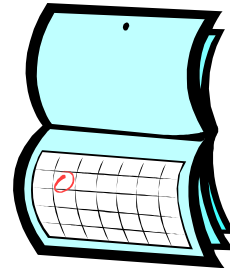
## Nebraska Behavioral Risk Factor Surveillance System

Colorectal cancer is the fourth most frequently diagnosed cancer among Nebraska residents, and the second leading cause of cancer mortality in the state. (Source: *Cancer Incidence and Mortality in Nebraska: 2007*)

**Regular screening, beginning at age 50, is the key to preventing colorectal cancer.**

### **\*Recommended colorectal cancer screening tests and intervals:**

- **High-sensitivity fecal occult blood test (FOBT)**, which checks for hidden blood in three consecutive stool samples, should be administered every year.
- **Flexible sigmoidoscopy**, where physicians use a flexible, lighted tube (sigmoidoscope) to inspect visually the interior walls of the rectum and part of the colon, should be administered every five years.
- **Colonoscopy**, where physicians use a flexible, lighted tube (colonoscope) to inspect visually the interior walls of the rectum and the entire colon, should be administered every 10 years.



***The U.S. Preventive Services Task Force (USPSTF) recommends screening for colorectal cancer using high-sensitivity fecal occult blood testing, sigmoidoscopy, or colonoscopy beginning at age 50 years and continuing until age 75 years.***

**The Nebraska Colon Cancer Screening Program** provides colorectal cancer screening tests to Nebraskans who are under- or uninsured. For more information, visit [www.dhhs.ne.gov/crc](http://www.dhhs.ne.gov/crc)

### **For more information about colorectal cancer screening, contact:**

Nebraska Comprehensive Cancer Control  
301 Centennial Mall South, P.O. Box 95026  
Lincoln, NE 68509-5026  
Phone: 402-471-4411  
Fax: 402-471-6446  
Website: [www.dhhs.ne.gov/NebraskaCARES](http://www.dhhs.ne.gov/NebraskaCARES)



## About the Nebraska Behavioral Risk Factor Surveillance System

The Nebraska Behavioral Risk Factor Surveillance System (BRFSS) has been conducting surveys annually since 1986 for the purpose of collecting data on the prevalence of major health risk factors among adults residing in the state. Information gathered in these surveys can be used to target health education and risk reduction activities throughout the state in order to lower rates of premature death and disability.

The data presented in this report come from nearly 16,000 landline telephone BRFSS surveys conducted in Nebraska in 2009. Prevalence estimates are based on weighted data rather than raw numbers of responses to a question. The weights adjust for over- or under-sampling of age/gender groups.

**To learn more about the Nebraska Behavioral Risk Factor Surveillance System, or to view additional reports, visit: <http://www.dhhs.ne.gov/brfss>**